



Measuring positive mental health in Canada: A process for measure selection

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CONFLICTS OF INTEREST

No conflicts of interest to declare.

Background

Why do we care about positive mental health?

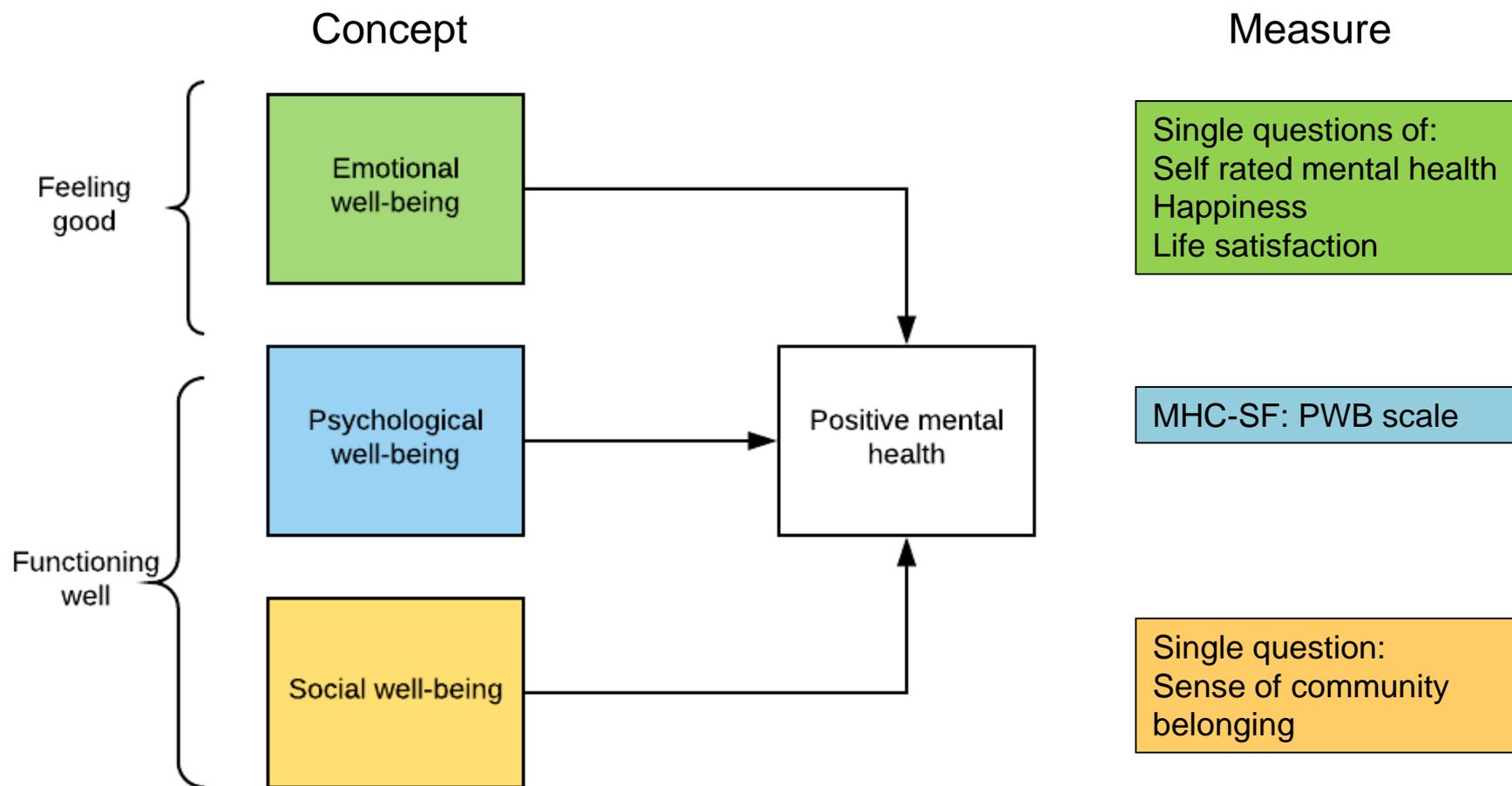
- Integral component of overall health and well-being
- Impacts other public health priorities, including problematic substance use and suicide
- Mental health promotion is an integral component of strategies to prevent mental illness and to strengthen health, social, and economic well-being

What is positive mental health?

*"the capacity of each and all of us to **feel, think, act** in ways that enhance our ability to **enjoy life** and **deal with the challenges we face**. It is a **positive sense of emotional** and spiritual well-being that respects the importance of **culture, equity, social justice, interconnections** and **personal dignity**"*



Monitoring positive mental health



POSITIVE MENTAL HEALTH SURVEILLANCE INDICATOR FRAMEWORK

QUICK STATS, ADULTS (18 YEARS OF AGE AND OLDER), CANADA, 2016 EDITION

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INDICATOR GROUP	INDICATOR MEASURE(S)	LATEST DATA	DATA SOURCE (YEAR)
POSITIVE MENTAL HEALTH OUTCOMES			
Self-rated mental health	% of population who self-rate their mental health as "excellent" or "very good"	64.9%	CCHS Mental Health (2012)
Happiness	% of population who report being happy "every day" or "almost every day"	81.9%	CCHS Mental Health (2012)
Life satisfaction	% of population who report being satisfied with life "every day" or "almost every day"	82.1%	CCHS Mental Health (2012)
	Mean life satisfaction rating (0–10 scale)	7.9	CCHS Mental Health (2012)
Psychological well-being	% of population who have high psychological well-being	69.6%	CCHS Mental Health (2012)
Social well-being	% of population who report that they "very strongly" or "somewhat strongly" belong to their local community	62.4%	CCHS Mental Health (2012)

Process to identifying a new measure of positive mental health

- Identified potential measures
 - Environment scan of measures used in 8 countries
 - Review of measures identified in 3 recent reviews of PMH/well-being measures
 - Electronic search of PsychTests
- Screened initial measures based on exclusion criteria
- Conducted a full review of included measures
- Consulted with end-users of the data

Exclusion criteria

- We excluded measures:
 - with more than 14 items
 - with a single item
 - that only use visual questions
 - of quality of life or of negative states (e.g. depression)
 - where questions are deficit based
 - focused on a specific population or domain
 - that did not measure psychological well-being, or only measure one dimension of psychological well-being

Candidate measures



- Screened in 4 measures:
 - The Flourishing Scale
 - The Warwick Edinburgh Mental Well-being Scale (WEMWBS)
 - The Short Warwick Edinburgh Mental Well-being Scale (SWEMWBS)
 - ICEpop CAPability measure for Adults (ICECAP-A)

Comparison of measures with full review

	Flourishing scale	WEMWBS	SWEMWBS	ICECAP-A
# items	8	14	7	5
Response scale	7 point	5 point	5 point	5 point
Period covered	none	2 weeks	2 weeks	none
Validated in French?	yes	yes	yes	no
Implemented on a ntl scale?	New Zealand	UK	UK, Sweden	(doesn't appear to be used ntl)

Consultations with users and providers

- Four included measures were discussed with policy and program stakeholders within PHAC and Statistics Canada

Warwick Edinburgh Mental Well-Being Scale

- 14 questions designed to measure subjective well-being and positive psychological functioning at a population level
- Measures positive affect, positive functioning (energy, clear thinking, self-acceptance, personal development, competence and autonomy), and positive relationships
- Developed as part of the Mental Health Indicators Program of the NHS Scotland

Warwick Edinburgh Mental Well-Being Scale cont.

- Likert type scale
 - “None of the time” to “All of the time” (1 to 5)
- Available in English and French
- Free to use with registration
- Used in the Scottish Health Survey

Next steps

- Qualitative testing has been conducted by Statistics Canada
- Quantitative pilot testing will take place in 2020
- If quantitative pilot is successful, WEMWBS may be implemented on the CCHS as our measure of mental well-being
- PHAC is discussing the use of this scale with other stakeholders, to inform choices of measures on other vehicles

Conclusion

- Measure selection, piloting, and validation is critical
- Use of WEMWBS may allow for cross national comparison
- Harmonizing measures used within Canada may provide opportunities for enhanced research



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